

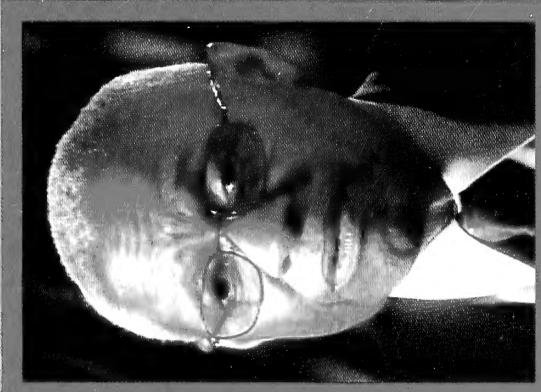
Heroes of Transplantation



Samuel L. Kountz, M.D.



Paul D. Taylor



Clive Callender, M.D.



Velma Scantlebury, M.D.



2008 Calendar

MH08D8548



This Calendar Honors these Heroes of Transplantation

Dr. Clive O. Callender

Dr. Clive O. Callender, the Lasalle D. Leffall Professor at Howard University, succeeded the actual Dr. Leffall as chair of surgery for Howard University's Medical School in Washington, DC. As a transplant surgeon, he helped develop the first minority directed dialysis and transplant center and histocompatibility and immunogenetic laboratory. In 1991, he started the *National Minority Organ/Tissue Transplant Education Program* to increase the number of minority organ donors and to educate people about health conditions prevalent in minority populations that can lead to the need for transplantation.

Dr. Samuel L. Kountz, 1930 - 1984

Dr. Samuel L. Kountz was an assistant professor at the Stanford University School of Medicine, an associate professor at the University of California School of Medicine, and professor and chairman of the Department of Surgery at the State University of New York Downstate Medical Center, Brooklyn, NY. In 1959, he participated in the first west coast kidney transplant. He conducted research on medicines to reverse organ rejection and on tissue typing which led to increased matches between unrelated donors and recipients.

Mr. Paul D. Taylor

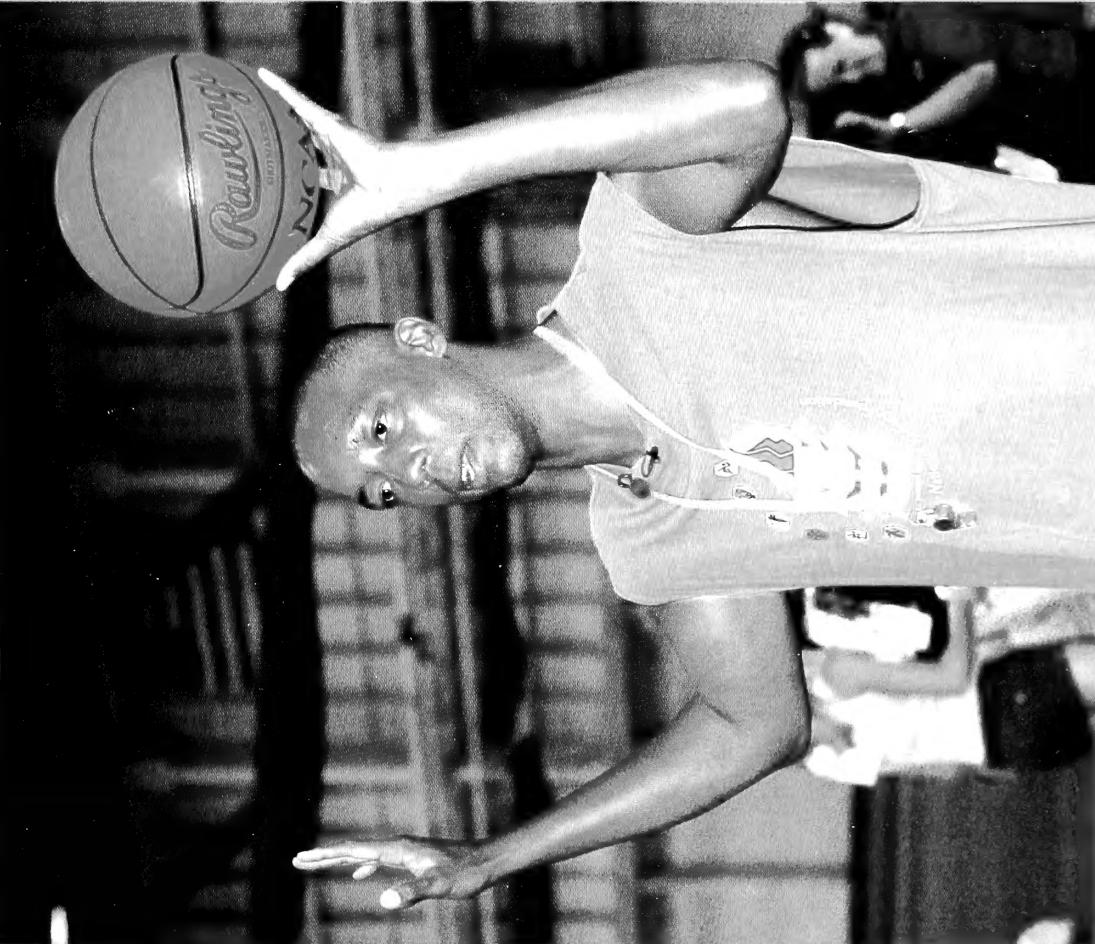
Mr. Paul D. Taylor, retired senior instructor in the Department of Surgery at the University of Colorado Health Sciences Center in Denver, was instrumental in the development of liver and kidney transplantation procedures and was a member of the surgical team that in 1963 performed the world's first human liver transplant. He was involved in research of anti-rejection medicines and organ preservation techniques, and promoted organ and tissue donation throughout his 35-year career in transplantation. Mr. Taylor is thought to be the world's first transplant coordinator.

Dr. Velma P. Scantlebury

Dr. Velma P. Scantlebury, professor of surgery at the University of South Alabama, Mobile, AL (USA) and director of USA's Regional Transplant Center, became in 1989 the nation's first African-American female kidney transplant surgeon. Her particular interests in transplantation include infections after transplant, pregnancy after transplant, and post-transplant outcomes in African Americans. Dr. Scantlebury recently received the National Kidney Foundation's *Gift of Life Award* for her work in transplantation among minorities.

For more information about these and other transplantation pioneers see the documentary *A Science of Miracles: The History of Organ Transplantation*. It will be appearing on Public Broadcasting Stations throughout the country beginning November 2007. The DVD will be available in 2008 from the Division of Transplantation, Healthcare Systems Bureau, Health Resources and Services Administration, Department of Health and Human Services. Contact: <http://ask.hrsa.gov> or call 1-888-ASK-HRSA (275-4772).

Celebrate Life



***Sean Elliott is a spectacular example
of the success of transplantation.***

"As transplant recipients, we honor the gifts of life we have received and show the world that transplantation is truly successful." Sean Elliott, TV sports analyst, basketball player, kidney transplant recipient, and spokesperson for the National Kidney Foundation.

Office of Minority Health Transplant Center
Kidney Transplant Center:
1501 University Park Drive
Pittsburgh, PA 15261
1-877-320-3572

Notes:

Exactly, what is one serving? It's smaller than most people think.

For example:

- A small glass of 100% fruit or vegetable juice ($\frac{3}{4}$ cup or 6 oz)
- A medium-size piece of fruit (an orange, small banana, medium-size apple)
- One cup of raw salad greens
- $\frac{1}{2}$ cup of cooked vegetables (about the size of a baseball)
- $\frac{1}{2}$ cup of cut-up fruit or vegetables

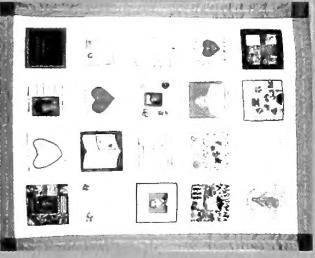
Recommended Servings per Day	Vegetables	Fruits	Total
Children ages 2 to 6	3	2	5
Children over age 6, teenage girls, and most women	4	3	7
Teenage boys and most men	5	4	9



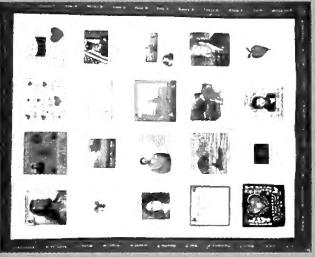
MEMORIAL ORGAN DONOR QUILTS



New York
Organ Donor Network
Memory Quilt Panel 1



New York
Organ Donor Network
Memory Quilt Panel 2



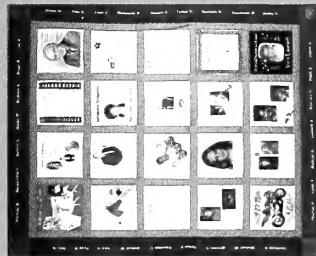
New York
Organ Donor Network
Memory Quilt Panel 3



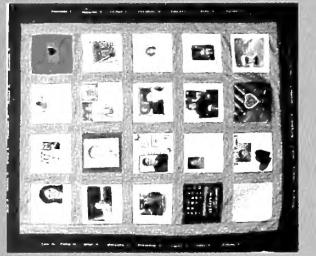
New York
Organ Donor Network
Memory Quilt Panel 4



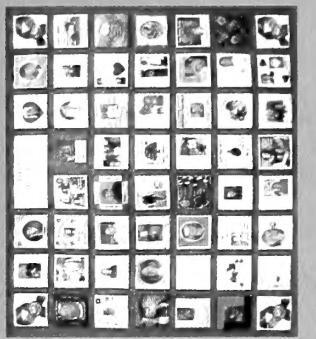
New York
Organ Donor Network
Memory Quilt Panel 5



New York
Organ Donor Network
Memory Quilt Panel 6



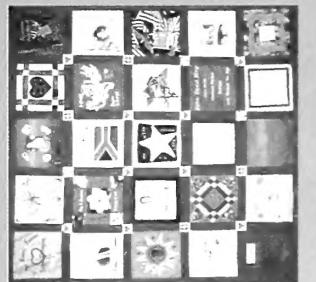
New York
Organ Donor Network
Memory Quilt Panel 7



Mississippi
Organ Recovery Agency
"Gift of Life" Quilt III



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts



The Louisiana
Organ Procurement Agency
Donor Memorial Quilts

Each square honors the life and memory of one donor.

Please see the acknowledgements page for more information about the quilts.

New Year's Black Eyed Peas Bring Good Luck

BY

Spicy Blackened Chicken

- 1 can black-eyed peas, rinsed and drained
- 2 boneless chicken breast, chopped
- 1 diced celery
- 1 diced bell pepper
- 1C green bell pepper
- ½ C sliced green onion
- ½ C fresh cilantro
- 3 T fat-free Italian salad dressing
- 2 T Dijon mustard
- 6 C lettuce leaves

Combine all ingredients except lettuce in a bowl. Stir well. Cover and chill for 4 hours. Serve on lettuce leaves.

Serving size: $\frac{1}{6}$ of recipe

Calories: 170

Black-eyed Pea Salad

- Salad**
 - 1½ C water
 - 1 medium onion, cut in half
 - ½ t salt
 - ½ t cayenne pepper
 - 16 oz package frozen black-eyed peas
 - ½ C red onion rings
 - 4 C leaf lettuce

Dressing

- $\frac{1}{2}$ C chopped red bell pepper
- 3 T chopped parsley
- ½ C red wine vinegar
- ¼ C water
- 1 t olive oil
- ¼ t salt
- ½ t black pepper
- 1 garlic clove, minced
- ½ t hot sauce

Salad

Combine water, onion, salt, and cayenne pepper, in a medium saucepan; bring to a boil. Add peas and return to a boil. Cover, reduce heat, and simmer 40-45 minutes or until peas are tender. Remove and discard onion; drain well. Rinse with cold water, and drain again. Transfer to a medium bowl; set aside. Pour dressing over peas, tossing gently to coat. Cover and refrigerate 8 hours, stirring occasionally. Add red onion just before serving. Serve over lettuce leaves on individual plates.

Dressing

To prepare dressing combine all ingredients and mix until well combined.

Serving size: $\frac{1}{6}$ of recipe

Calories: 140



January

National Blood Donor Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		New Year's Day 1	2	3	4	5
				ISLAMIC NEW YEAR Islamic New Year		
6	7	8	9	10	11	12
		Martin Luther King, Jr.'s Birthday 15	16	17	18	19
13	14	Martin Luther King, Jr.'s Birthday observed 21	22	23	24	25
						26
27	28	29	30	31		

During National Blood Donor Month, help create a **Donation Friendly America** by visiting your local blood donation center.

Notes:

The American Society of Multicultural Health and Transplant Professionals (ASMHTP)

ASMHTP is a multicultural organization that serves health and transplant professionals by providing leadership in a national capacity on matters of diversity facing the transplant industry.

Contact: The American Society of Multicultural Health and Transplant Professionals at www.asmhtp.org or call: 1-866-ASMHTP-1 (1-866-276-4871).

Heart Healthy Choices

Okra and Tomatoes

1/2 C olive oil
1 medium onion, diced
1 clove garlic, minced
16 oz frozen, cut okra
3 ears of white or yellow corn (kernels removed)
2 fresh tomatoes, diced
1/2 C hot water
salt and pepper to taste

Sauté onion and garlic in olive oil. Add okra, corn, tomatoes, water, and salt and pepper to taste. Simmer and stew about 15 minutes or until okra is tender.

Serving size: $\frac{1}{4}$ of recipe

Calories: 180

Baked Acorn Squash with Pineapple

1 large acorn squash (approximately 32 oz)
2 t ground cinnamon
1 C crushed pineapple, drained
1 t ground nutmeg
1/2 t ground allspice
1/2 t ground ginger

Preheat oven to 350°F. Cut the squash in half and remove the seeds. Place each half, cut side down, in a baking dish. Cover dish and bake for 45 to 60 minutes until squash is soft and tender. Meanwhile, combine the cinnamon, pineapple, nutmeg, allspice, and ginger. When squash is cooked, remove from oven. Let it cool for 10 minutes. Scoop out the pulp from both halves and combine with the pineapple mixture. Replace mixture into shells and return to the oven and bake for 7 minutes until pineapple mixture is hot and bubbly.

Serving size: $\frac{1}{8}$ of recipe

Calories: 80



February

Black History Month & Heart Disease Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
			Chinese New Year			
3	4	5	6	7	8	9
		Lincoln's Birthday		National Donor Day Valentine's Day	Woman's Heart Day	
10	11	12	13	14	15	16
	President's Day Observed				Washington's Birthday	
17		19	20	21	22	23
24	25	26	27	28	29	

Heart Disease and African Americans

Notes:

African American adults are less likely than whites to be diagnosed with coronary heart disease. In 2004, however, African American men were 30 percent more likely than non-Hispanic white men to die from heart disease. Heart disease can result from problems such as high blood pressure and obesity. Ask your doctor for advice on treating these conditions.

Data Source: The Office on Minority Health,
U. S. Department of Health and Human Services,
<http://www.omhrc.gov>.

Approximately 500 African Americans are awaiting heart transplants.

Meatless Main Dishes

Zucchini Lasagna

1/2 c crooked lasagna noodles, (in unsalted water)

- 1/2 c mozzarella cheese, part-skim, grated
- 1/2 c cottage cheese, fat free
- 1/2 c Parmesan cheese, grated
- 1 1/2 c zucchini, raw, sliced
- 2 1/2 c tomato sauce, no salt added
- 2 t basil, dried
- 2 t oregano, dried
- 1/2 c onion, chopped
- 1 clove garlic
- 1/8 t black pepper

Preheat oven to 350° F. Lightly cover a 9 x 13 inch baking dish with vegetable oil spray. In a small bowl, combine 1/8 cup of the mozzarella and 1 T parmesan cheese. Set aside. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce mixture in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Serving size: 1 piece

Calories: 276

Vegetarian Stuffed Peppers

- 4 red or green bell peppers
- 2 C (1 pint) cherry tomatoes
- 1 medium onion
- 1 C fresh basil leaves
- 3 garlic cloves
- 2 t olive oil
- 1/4 t salt
- 1/4 t pepper

Preheat oven to 425° F. Lightly oil a large shallow baking pan. Cut peppers in half lengthwise and remove seeds. Arrange peppers cut sides up in baking pan and lightly oil cut edges of stems. Halve cherry tomatoes and chop onion and basil. Finely chop garlic. In a bowl toss tomatoes, onion, basil, garlic, olive oil, salt and pepper. Spoon equal portions of mixture into peppers and roast in upper third of oven until peppers are tender, about 20 minutes.

Serving size: 1/6 of recipe

Calories: 40



March

Kidney Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
Palm Sunday	St. Patrick's Day			Good Friday		
16	17	18	19	20	21	22
Easter						
23	24	25	26	27	28	29

National Nutrition Month
Good health is your birthright – protect it!

Pills or supplements can't provide all of the nutrients that fruits and vegetables can.

- Eating more fruits and vegetables help you feel full on fewer calories.
- Fruits and vegetables are naturally high in fiber and water, and low in fat and calories.

To be "kidney smart,"

- Eat no more than 9 teaspoons of sugar per day.
- Drink water instead of sugary soda.
- Eat fruit instead of cakes, candy and other sweet desserts.

Notes:

The United States is the leading country in kidney transplants. Please say "yes" to organ and tissue donation.

April

National Donate Life Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Passover Begins		Earth Day		Take Our Sons & Daughters to Work Day		
20	21	22	23	24	25	26
27	28	29	30			

During National Donate Life Month...

Notes:

Express your wish to donate on your state's donor registry, your driver's license, and/or a donor card.

Discuss your decision to donate with your family and loved ones so they can support your wishes.

Over 27,000 African Americans were waiting for transplants as of October 2007. African American donors number about 1,200 each year.

Donate Life America is a national organization dedicated to inspiring people to donate life through organ, eye and tissue donation. Contact: www.shareyourlife.org or call 804-476-24920.



May

High Blood Pressure Month and Stroke Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
		National Teacher Day				
4	5	6	7	8	9	10
Mother's Day	International Nurse's Day					
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	Memorial Day Observed				Memorial Day	
25	26	27	28	29	30	31

Stroke Prevention

Stroke is the third leading cause of death in the United States but new treatments can reduce the damage if treatment occurs as soon as possible – call 911 right away. The best treatment is prevention.

The Warning Signs of Stroke are Sudden:

- numbness, weakness – one or both sides of body
- confusion, trouble speaking
- trouble seeing – one or both eyes
- loss of balance, coordination
- severe unexplained headache

For more information, see the Centers for Disease Control and Prevention Web site at <http://www.cdc.gov/stroke>

To reduce the risk for stroke, maintain normal blood pressure and body weight
High blood pressure (hypertension) affects about one in three African Americans



June

Vision Research Month



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
8	9	10	11	12	13	14
Father's Day						
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Celebrate Father's Day by Eating Healthy Foods
Important points to consider:

- Black men are at high risk for high blood pressure, diabetes, and heart disease.
- Black men are also more likely than other men to die or suffer health problems from the above three diseases.
- Lower your chances of getting these diseases by eating a diet rich in fruits and vegetables.
- The National Cancer Institute recommends that men eat 9 servings of fruits and vegetables a day to promote good health and protect against these diet-related diseases, and some types of cancer. Your family and friends are counting on you to be around for a long time.

Notes:

Each year donated corneas restore sight or improve vision for about 40,000 patients. Even those with vision or other health problems may be able to donate cornea! Contact the Eye Bank Association of America at www.restorevision.org or (202) 775-4999.

104 * Special Occasion

Centenary University, Hyderabad



Centenary University, Hyderabad



July

Fireworks Safety Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Independence Day 4	5
6	7	8	9	10	11	12
			U.S. Transplant Games end			
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

U.S. Transplant Games

Notes:

The U.S. Transplant Games is a five-day athletic competition held every two years and organized by the National Kidney Foundation.

Athletic participation is open to recipients of bone marrow (stem cell) or solid organ (heart, liver, kidney, lung, and/or pancreas) or tissue transplants. Family, friends, and the general public may attend the games.

The 13 athletic events are a celebration of the successes of transplantation and the gift of life. In 2008, the games will be held in Pittsburgh, PA, on July 11-16.

Contact the National Kidney Foundation at www.kidney.org or call 1-800-622-9010 for more information about the U.S. Transplant Games.

Proceedings of the 2000 IEEE International Conference on Tools with Intelligent Agents

10-Minute Global Grid

Serving size: $\frac{1}{6}$ of recipe

POINT

Serving size: $1\frac{1}{2}$ cup

To cut back on sodium try low sodium.



August

National Immunization Awareness Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					National Minority Donor Awareness Day 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					National Minority Donor Awareness Day 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Stay up to date on vaccinations

Viral hepatitis can lead to liver failure and the need for a liver transplant. Get immunized if you are at risk for exposure to the hepatitis virus.

The National Minority Organ and Tissue Transplant Education Program (MOTTEP[®])

The mission of MOTTEP[®] is to reduce the number of ethnic minority Americans needing organ and tissue transplants through information and education about healthy life styles and to encourage family discussions about organ donation and thereby increase the actual number of organ donors.

Notes:

Contact: The National Minority Organ Tissue Transplant Education Program or
www.mottep.org or call: 1-800-393-2878.

Sea Bass Marinade

Sea bass fillets
lemon juice
olive oil
garlic
onion
salt
pepper
oregano
lemon pepper
lemon thyme
lemon basil
lemon rosemary
lemon mint
lemon cilantro
lemon lime
lemon lime basil
lemon lime thyme
lemon lime mint
lemon lime cilantro

lemon juice
olive oil
garlic
onion
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oregano
lemon pepper
lemon thyme
lemon basil
lemon rosemary
lemon mint
lemon cilantro
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lemon lime mint
lemon lime cilantro

lemon juice
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lemon lime mint
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lemon juice
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oregano
lemon pepper
lemon thyme
lemon basil
lemon rosemary
lemon mint
lemon cilantro
lemon lime
lemon lime basil
lemon lime thyme
lemon lime mint
lemon lime cilantro

When removed from the oven, but will continue to cook as it rests. After 15 minutes, wrap the fish tightly with foil and refrigerate for at least 2 hours before serving.

Serving size: $\frac{1}{6}$ of recipe

Calories: 225



September

Prostate Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Labor Day	Ramadan Begins				
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	National Hispanic Heritage Month Begins 20
21	22	Take a Loved One to the Doctor Day 23	24	25	26	27
28	29	Rosh Hashanah	30			

Notes:

African American men at greater risk for prostate cancer compared to other ethnic groups.

Ask your doctor about screening tests to detect prostate cancer early.

National Cholesterol Education Month
Total Cholesterol: What do the numbers mean?

Desirable: Under 200 mg/dl
Borderline: Be Alert! 200-239 mg/dl
High: Danger zone! Over 240 mg/dl
"Good" Cholesterol: HDL cholesterol - Over 35 mg/dl

Organ and tissue donors and transplant recipients are of all ages
Don't assume you are too old to donate or too old to receive a transplant

October

National Liver Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Ramadan Ends		
		1	2		3	4
5	6	7	8	9	10	11
	Columbus Day					
12	13	14	15	16	17	18
19	20	21	22	23	24	25
					Halloween	
26	27	28	29	30	31	

HEALTHY LIVING begins with small and gradual changes.

Use a variety of herbs and spices instead of salt.
Have five fruits and vegetables daily.
Switch to whole grains to get more nutrients, fiber, and flavor.

Notes:

Tips to protect your liver

To prevent possible liver damage, it is best to reduce alcohol intake to zero! Remember that with every alcohol-containing drink, liver damage can occur.

Around 6,600 transplant recipients have transplants each year, yet about 16,500 people are waiting for a liver transplant.

100+ Amazing Day Desserts

Want to add some variety to your day dessert menu? This collection of 100+ Amazing Day Desserts has you covered! From simple no-bake treats to more elaborate creations, there's something for everyone.

Day	Dessert Type	Description
1	No-Bake	Chocolate Chip Cookies
2	Cake	Strawberry Shortcake
3	Ice Cream	Vanilla Bean Ice Cream
4	Mousse	Orange Creamsicle Mousse
5	Pie	Apple Pie à la Mode
6	Sundaes	Chocolate Peanut Butter Sundaes
7	Cheesecake	Key Lime Cheesecake
8	Cookie	Oatmeal Raisin Cookies
9	Fudge	Double Chocolate Fudge
10	Ice Cream	Rocky Road Ice Cream
11	Muffins	Blueberry Muffins
12	Pudding	Butterscotch Pudding
13	Shortbread	Shortbread Cookies
14	Sugar Cookies	Sugar Cookies
15	Trifle	Orange Trifle
16	Waffles	Belgian Waffles
17	Yogurt	Greek Yogurt Parfaits
18	Cookie	Chocolate Chip Cookies
19	Cake	Carrot Cake
20	Ice Cream	Chocolate Chip Ice Cream
21	Mousse	Chocolate Mousse
22	Pie	Apple Pie
23	Sundaes	Chocolate Sundaes
24	Cheesecake	Lemon Cheesecake
25	Cookie	Chocolate Chip Cookies
26	Cake	Yellow Cake
27	Ice Cream	Vanilla Ice Cream
28	Mousse	Orange Mousse
29	Pie	Apple Pie
30	Sundaes	Chocolate Sundaes
31	Cheesecake	Key Lime Cheesecake
32	Cookie	Chocolate Chip Cookies
33	Cake	Red Velvet Cake
34	Ice Cream	Vanilla Ice Cream
35	Mousse	Chocolate Mousse
36	Pie	Apple Pie
37	Sundaes	Chocolate Sundaes
38	Cheesecake	Lemon Cheesecake
39	Cookie	Chocolate Chip Cookies
40	Cake	Yellow Cake
41	Ice Cream	Vanilla Ice Cream
42	Mousse	Orange Mousse
43	Pie	Apple Pie
44	Sundaes	Chocolate Sundaes
45	Cheesecake	Key Lime Cheesecake
46	Cookie	Chocolate Chip Cookies
47	Cake	Red Velvet Cake
48	Ice Cream	Vanilla Ice Cream
49	Mousse	Chocolate Mousse
50	Pie	Apple Pie
51	Sundaes	Chocolate Sundaes
52	Cheesecake	Lemon Cheesecake
53	Cookie	Chocolate Chip Cookies
54	Cake	Yellow Cake
55	Ice Cream	Vanilla Ice Cream
56	Mousse	Orange Mousse
57	Pie	Apple Pie
58	Sundaes	Chocolate Sundaes
59	Cheesecake	Key Lime Cheesecake
60	Cookie	Chocolate Chip Cookies
61	Cake	Red Velvet Cake
62	Ice Cream	Vanilla Ice Cream
63	Mousse	Chocolate Mousse
64	Pie	Apple Pie
65	Sundaes	Chocolate Sundaes
66	Cheesecake	Lemon Cheesecake
67	Cookie	Chocolate Chip Cookies
68	Cake	Yellow Cake
69	Ice Cream	Vanilla Ice Cream
70	Mousse	Orange Mousse
71	Pie	Apple Pie
72	Sundaes	Chocolate Sundaes
73	Cheesecake	Key Lime Cheesecake
74	Cookie	Chocolate Chip Cookies
75	Cake	Red Velvet Cake
76	Ice Cream	Vanilla Ice Cream
77	Mousse	Chocolate Mousse
78	Pie	Apple Pie
79	Sundaes	Chocolate Sundaes
80	Cheesecake	Lemon Cheesecake
81	Cookie	Chocolate Chip Cookies
82	Cake	Yellow Cake
83	Ice Cream	Vanilla Ice Cream
84	Mousse	Orange Mousse
85	Pie	Apple Pie
86	Sundaes	Chocolate Sundaes
87	Cheesecake	Key Lime Cheesecake
88	Cookie	Chocolate Chip Cookies
89	Cake	Red Velvet Cake
90	Ice Cream	Vanilla Ice Cream
91	Mousse	Chocolate Mousse
92	Pie	Apple Pie
93	Sundaes	Chocolate Sundaes
94	Cheesecake	Lemon Cheesecake
95	Cookie	Chocolate Chip Cookies
96	Cake	Yellow Cake
97	Ice Cream	Vanilla Ice Cream
98	Mousse	Orange Mousse
99	Pie	Apple Pie
100	Sundaes	Chocolate Sundaes



November

National Marrow Awareness Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
National Donor Sabbath Ends						
16	17	18	19	20	21	22
				Thanksgiving Day		
23	24	25	26	27	28	29

Notes:

Bone Marrow, Umbilical Cord Blood, and Peripheral Blood Transplants

Patients with life-threatening blood diseases are often treated with donated blood stem cells that are contained in bone marrow, umbilical cord blood, and in lesser amounts, circulating blood.

There is a critical need for minority marrow donors because matches are more likely to be found among people of the same ethnic heritage.

To register as a donor and/or to learn more about blood and all marrow contact the W. Bill Young Cell Transplantation Program at 1-800-222-7809; <http://bloodcell.transplant.mrsa.gov>

December

Safe Toys and Gifts Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Pearl Harbor Day						
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	Hanukkah Begins		Christmas Eve	Christmas Day	Kwanzaa Begins	
21	22	23	24	25	26	27
	Hanukkah Ends				Kwanzaa Ends	
28	29	30	31			

For holiday celebrations, serve a variety of colorful fruits and vegetables.

Green

Asparagus, green peppers, broccoli, green beans, peas, okra, green grapes, kiwi fruit

Yellow-Orange Carrots, summer squash, corn, sweet potatoes, yellow peppers, cantaloupe, peaches, pineapples

Red Cranberries, red grapes, beets, red cabbage, kidney beans, cherries, raspberries

Blue-Purple Blueberries, eggplant, purple grapes, plums, raisins



Notas:

During this time of giving, think about giving the Gift of Life.

Sign up with Your state's donor registry to assure that your donation decision is carried out.

Non-government Agency quilts are displayed at all family services and community events to increase donor organ and tissue donors. Each quilt square is from a donor family or transplant recipient and is dedicated to one who so generously donated their organs and/or tissues to improve and give life to others.

Mississippi's "Gift of Life" quilt panels are displayed at public events and venues throughout the state to promote awareness and the life-saving aspect of organ and tissue donation. The squares are handmade tributes of love submitted by donor families and transplant recipients. For more information on Mississippi's three "Gift of Life" quilt panels go to www.mrsora.org.

The "Quilts on the New York Organ Donor Network Memory Quilt" are created by donor families to honor and celebrate the lives of their loved ones. Each square contains special details representing the donor's life — photographs, poems, quotes and thinklets. The special connection between donor and recipient is uniquely represented on the Donor Network Memory Quilt. The squares are surrounded by the embroidered framework of randomly chosen transplant recipients by race, ethnicity and donor/recipient last name. In a most powerful way, the acknowledgement of donors and recipients visibly symbolizes the many women and children of all colors, ethnicities and religions who together have completed the "circle of life." For more information on the New York Organ Donor Network's quilts, go to www.donatelifeny.org.

Sources for the recipes included in this calendar:

U.S. Department of Health and Human Services, The Centers for Disease Control and Prevention. For more healthy fruit and vegetable recipes, go to <http://apps.nccd.cdc.gov/dnparscipe/recipeSearch.aspx> or call 1-404-639-3534 / 800-311-3435

U.S. Department of Health and Human Services, National Institutes of Health, the National Heart, Lung, and Blood Institute publications, *Heart Healthy Home Cooking – African American Style* and *Keep the Beat-Heart Healthy Recipes*. Copies can be obtained at www.nhlbi.nih.gov or call 1-301-592-8573.

U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute publication, *Down Home Healthy.* Copies can be obtained at www.nci.nih.gov or call 1-800-4-CANCER (1-800-4-422-6237).

Some recipes courtesy of www.allrecipes.com and the Mann Clan Family Reunion Recipe Collection.

Join the *Workplace Partnership for Life* – a collaboration with companies and associations and their employees and members who work together to help create a *Donation Friendly America*.
www.organdonor.gov or call 301-443-7578.

Notes:





African Tapestry

